

West Midlands Rowing Council

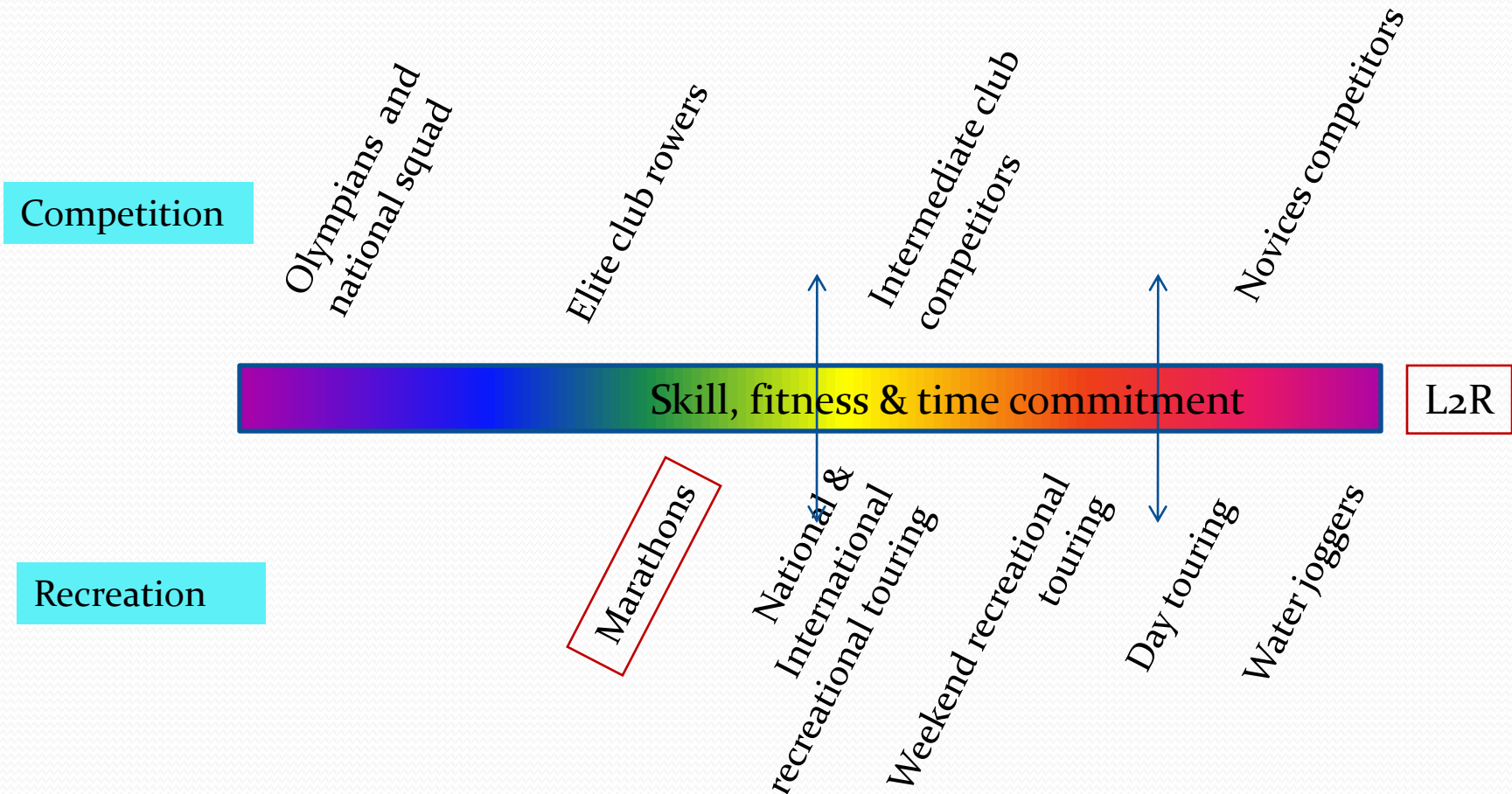
Welcome to the Recreational Rowing Road Show
5th April 2009



Programme

11.00 – 11.20	Welcome and an introduction to recreational rowing Peter Barker (Upton RC)
11.20 – 11.40	Video of the ARA Tour along River Severn 2008
11.40 – 12.00	Boat types - Stephen Wragg (Broxbourne RC and ARA Working Group 3 on stable boats)
12.00 – 12.20	How to get started and where to get funds John Turnbull (Chairman ARA Recreational Rowing Working Party and Weyfarers RC)
12.20 – 12.40	Bringing new members into your club and teaching them to row Caroline Turnbull (Secretary ARA Recreational Rowing Working Party and Weyfarers RC)
12.40 – 13.30	Lunch
13.30 – 15.30	Viewing different boats and trying them out on the river
15.30 – 16.00	Questions, answers and discussion
16.00	Dispersal

So what is all this recreational rowing about and how does it fit into the rowing spectrum? (*This is my personal view*)



A Recreational Rowing Progression

1. Learning the basics

Caroline will be covering this later but whether your competing or rowing recreationally you need to have basic levels of skill. Apart from safety issues you will enjoy your outings more and so will the people rowing with you!

L2R



A Recreational Rowing Progression

2. Water jogging!

- Gentle, low intensity outings in safe singles or crew boats
- Good for the casual rowers, starting to get fit, building confidence and social outings.
- Normally on home stretches of water.



A Recreational Rowing Progression

3. Longer (day) outings

- Organised longer outings on own water
- Can incorporate a picnic lunch or tea
- Good for building cardio-vascular fitness
- Consolidating good technique



A Recreational Rowing Progression

4. Visits to neighbouring clubs and water

- Rowing on other clubs water
- Good for clubs with only short stretches of water themselves
- Getting to know other clubs
- Sharing boats to save transportation



Getting to
know one
another!

A Recreational Rowing Progression

5. Club exchanges

- Visit over a week-end
- Using the host club boats
- Excellent social occasion
- Rowing on other clubs water
- Getting to know other clubs

Liverpool Victoria visit to Upton in 2008



A Recreational Rowing Progression

6. Regional Tours

- Not yet established but will relieve pressure off national tours
- Initially could be just for clubs within the region
- Could be run annually but different club organising each year
- If distances not too great then accommodation and transport costs can be reduced



A Recreational Rowing Progression

7. National Tours

- Now organised by the ARA RR Working Party
- Typically 12 to 15 boats with 50 or more participants
- All over England
- Three/ four day week-end format

Two good looking guys from Upton at York on the 2005 ARA Tour on the Rivers Ure & Ouse



A Recreational Rowing Progression

8. International Tours

- FISA organise a tour in a different country each year
- Typically 12 to 15 boats with 50 or more participants
- Limited availability for seats
- One week format



Boats lined up at Godstow ready for the 2003 FISA tour down the Thames

Enkirch – Germany
FISA Tour 2008

WMRC Recreational Rowing Road Show - 5th April 2009

A Recreational Rowing Progression

9. Marathons and other challenges

- Great River Race
- Finnish church boat festivals
- Voga longa in Venice FISA

